



## **Post-Operative Rehabilitation for Arthroscopic Rotator Cuff Repair**

### **Phase I: (Weeks 0-1)**

- Patient to do Home Exercises given post-op (pendulums, elbow ROM, wrist ROM, grip strengthening)
- Massive cuff tear protocol- no formal PT until 4-6 weeks post-op
  - Only elbow, wrist, hand ROM until that point
- Patient to remain in sling for 6 weeks

### **Phase II: (Weeks 1-6)**

- True PROM only! The rotator cuff tendon needs to heal back into the bone
- ROM goals: 140° FF/40° ER at side; ABD max 60-80° without rotation
- No resisted motions of shoulder until 12 weeks post-op
- Grip strengthening
- No canes/pulleys until 6 weeks post-op, because these are active-assist exercises
- Heat before PT, ice after PT
- May use modalities such as e-stim as indicated for pain control

### **Phase III: (Weeks 6-12)**

- Begin AAROM → AROM as tolerated
- Goals: Same as above, but can increase as tolerated
- Light passive stretching at end ranges
- Begin scapular exercises, PRE's for large muscle groups (pecs, lats, traps etc)
- At 8 weeks, can begin strengthening/resisted motions
- Isometrics with arm at side beginning at 8 weeks

### **Phase IV: (Months 3-12)**

- Advance to full ROM as tolerated with passive stretching at end ranges
- Advance strengthening as tolerated: isometrics → bands → light weights (1-5 lbs); 8-12 reps/2-3 sets per rotator cuff, deltoid, and scapular stabilizers
- Only do strengthening 3x/week to avoid rotator cuff tendonitis
- Begin eccentrically resisted motions, plyometrics (ex. Weighted ball toss), proprioception (ex. body blade)
- Begin sports related rehab at 4 ½ months, including advanced conditioning
- Return to throwing at 6 months

- Throw from pitcher's mound at 9 months
- Collision sports at 9 months